



Security cam footage of “the competition” taking the SUPERSTRUCTURE™ from the Hyundai display at the Auto Show. Follow the clues at www.HyundaiSuperSearch.com for the chance to win a \$20,000 reward.

MONDAY, FEBRUARY 22, 2016

Ottawa
metr

SUPER HEIST!

The SUPERSTRUCTURE™, the advanced frame found in the all-new 2017 Hyundai Elantra, was on display at the Canadian International AutoShow and went missing on Saturday, February 13th, sometime between 1:30am and 2am.

The discovery was made by Hyundai Auto Canada Corp. President and CEO, Don Romano. “I was doing

my usual walk around the Hyundai booth to start the day off and I was shocked to see our revolutionary SUPERSTRUCTURE™ was just... gone,” he said.

Shortly after the discovery, Hyundai Canada received a ransom video (pictured below) featuring three representatives from the company’s competition. In the video,

which Hyundai officials posted online at www.HyundaiSuperSearch.com, “the competition” claims responsibility, brags about their heist, and announces plans to reverse engineer the SUPERSTRUCTURE™ and the Advanced High Strength Steel with which it’s made.

When it was confirmed the SUPERSTRUCTURE™ had in fact been taken by the competition, Hyundai Canada Marketing Director, Lawrence Hamilton, and his team, immediately began asking for people to help find it by registering to become part of the search team at www.HyundaiSuperSearch.com.

For taking part in the search, Canadian residents will have the chance to be rewarded with a \$20,000 grand prize or 1 of 4 weekly rewards of \$2,500. As more clues are discovered, Hyundai

gation,” said Hamilton as he was putting up posters at the Auto Show. “Simply put, our competition has stolen our SUPERSTRUCTURE™ and we need everyone’s help. All you have to do is

fort, precise handling, and enhanced safety.

“If we can get Canadian residents to help us search for our SUPERSTRUCTURE™, I have no doubt it will be recovered before our competition can learn our secrets,” concluded Romano.

For more on this story, refer to the back of the paper...



Canada will release details on the website as well as on its Facebook, Twitter and Instagram pages.

“By simply signing up, you can submit answers to clues that are uncovered throughout the investi-

follow the clues and help us find it for a chance to win.”

Thanks to the SUPERSTRUCTURE™, the all-new 2017 Elantra is threatening to set a new benchmark for ride com-



A screen capture taken from the ransom video received by Hyundai Canada President and CEO, with three representatives from the company’s competition claiming responsibility for the heist.



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MIKE DUFFY

TRIAL'S LAST DAYS

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**Metro takes a
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HAS OTTAWA RECEIVED ITS FAIR SHARE?

ISTOCK

Group calls for RCMP overhaul

LABOUR

**Damning
report stirs
case for better
representation**

A group vying to become the Mounties' first bargaining unit is using new allegations of sex harassment and bullying to try to make its case for a group to represent rank and file officers.

A representative for the Mounted Police Professional Association said the RCMP is mismanaged, and higher-ups turn a blind eye to allegations of harassment and assault in the workplace.

Rob Creasser points to a CBC report last week detailing allegations of unwanted sexual touching, bullying and rampant nudity in the workplace at the explosives training unit of the Canadian Police College in Ottawa.

The report prompted a sharp reaction from Public Safety Minister Ralph Goodale. He said he told RCMP Commissioner Bob Paulson he expects a comprehensive, transparent investigation, strong discipline, support for victims and a plan to end what he calls "this toxic workplace behaviour."

Creasser said the allegations show RCMP officers need an association to encourage transparency and accountability in the force.

He said, as it stands, managers choose people they want to bring into their ranks, and do whatever they can to protect those people.

"I've heard it referred to as an 'old boys club'. Like, you support people that you want to support, and if something comes up that is a little hinky with one of your 'chosen', you

do everything in your power to make that go away," the now-retired Mountie said.



**We can't continue
to count on
people at the top.**

Rob Creasser

He said he'd witnessed as much in his 28 years with the force.

"We can't continue to count on people at the top of the organization," he said. "They have a vested interest

in the status quo and keeping the amount of power that they have. The type of transformational change that we're talking about is going to be driven from the ground up."

The RCMP did not immediately respond to a request for comment.

"The cultural problem is that the people at the top don't realize it's a cultural problem," Creasser said. "They want to blame the odd bad apple. And how's that working?" THE CANADIAN PRESS



5

THINGS AT OTTAWA CITY HALL THIS WEEK

It's still too cold and snowy, but councillors will consider extending the beach season this summer. Here's what else is on at city hall this week. **LUCY SCHOLEY** METRO



1 Beach season

Beach bums may be able to sunbathe a little longer this summer. City staff have drummed up a way to extend the supervised beach season without spending more money: stagger the opening and closing dates of Ottawa's sandy shores. The city's regular beach season lasts 58 to 65 days, but people complained last summer when lifeguards left their stands in the middle of a sweltering heat wave. In a report that will be sent to the community and protective services committee on Thursday, staff are suggesting Westboro and Petrie Island beaches be supervised from June 25 to Aug. 28, and Mooney's Bay and Britannia from June 18 to Aug. 21.



3 Ontario budget

The Ontario Liberal government will table the budget on Thursday, two months earlier than last year. As usual, we can expect Mayor Jim Watson to weigh in.



4 SAMS update

It looks like the bungled-up provincial social welfare system is starting to work. A staff report says the Social Assistance Management System is "far more stable than in the months following the launch" when the system doled out too many or too few welfare dollars. However, there's still a lack of proper training, given the system's complexity. The city is looking to the province for help on that. More on this at the community and protective services committee on Thursday.

2 A capital plan

The National Capital Commission (NCC) has been on the hunt for 17 "major milestone projects" for 2017 and beyond. An NCC official will give an update on the 50-year "Plan for Canada's Capital" at planning committee on Tuesday. Expect a glimpse of the ideas — a final draft report will come later.



POTTER'S KEY
STITTSVILLE

5 Potter's Key proposal

A controversial Stittsville subdivision plan will be before the planning committee on Tuesday. Neighbours of Minto's 404-unit residential Potter's Key development say the traffic plan is not up to speed for the surge in vehicles. Stittsville Coun. Shad Qadri has also said he's against the proposal.

Offering cheaper online treatment

MENTAL HEALTH

Patients and therapists connect by video chat



Joe Lofaro
Metro | Ottawa

A new online startup launched in Ontario is poised to break down financial barriers to mental health treatment by matching therapists with patients in front of laptops instead of in doctor's offices.

Traditional therapy sessions in private clinics can cost upwards of \$180 per session.

Even for someone with a health insurance plan, just a few visits can eat through health coverage.

A new service called TranQool is trying to change that.

A University of Ottawa graduate suffering from a bipolar disorder and anxiety disorder who has tried it says the convenience and price — each session is \$60 — make all the difference.

By offering therapy on a

secure video chat for a flat rate, the company is “taking away all of the excuses” to get help, said Sarah, one of the company's new users who asked that her last name not be published for privacy reasons.

“While society is taking down the stigma, this service is taking down the logistical issues with going to see a therapist, which I think is just awesome,” she said.

Right now, about 60 Ontario therapists have signed up to offer their services in the TranQool system.

All of them must go through a criminal record check and must be licensed with the College of Social Workers or the College of Psychologists.

Users sign up for free online and, after answering a few questions, are matched with a suggested therapist offering treatment in nine mental health categories, including depression, eating disorders, and social anxiety.

TranQool, whose office is based in Toronto, is able to charge such a low fee

because the therapists usually take appointments after hours during the week and on weekends.

The company takes a cut from each session.

“What actually appeals to me more than (the affordability) is the ability to maybe try a couple different therapists out ... and then down the line you can commit to your favourite one. At \$180 an hour, I can't go try five different therapists and be like, ‘Oh, I'll go back to No. 1.’ There goes your insurance,” she said.

Co-founder Chakameh Shafii, a University of Toronto graduate,

helped start the company after seeking help for her own battle with anxiety two years ago.

Also included in TranQool's treatments is behavioural therapy, which Shafii says helped her understand her emotions.

“When you have a chance to see a therapist from home, no one actually needs to find out you're looking for help,” she said. “It's very private.”



“While society is taking down the stigma, this service is taking down the logistical issues.”

Sarah, new user



Chakameh Shafii, co-founder of TranQool, says seeking mental health treatment online can break down the financial, accessibility and stigma-related barriers. CONTRIBUTED

VETERANS

Annual military ceremony honours soldiers lost to suicide



Haley Ritchie
Metro | Ottawa

After serving in Kosovo during the 1990s, Sophie Levesque says the conflict left her struggling desperately to adjust to life in Canada.

The stigma of asking for help made things even more difficult, especially as a

woman, and it took her almost 10 years to work through her post-traumatic stress disorder.

Today, she credits her guide dog, Jasmine, for continuing to save her life.

On Sunday evening the veteran joined dozens of Canadian forces personnel, their families and supporters at Beechwood Cemetery in Ottawa to commemorate

the fourth annual Soldiers of Suicide memorial.

The annual ceremony, organized by Honour Our Canadian Soldiers, saw attendees light 13 candles in memory of soldiers across the country who have died by suicide.

“I was almost one of the people we're remembering today,” said Levesque in an interview.

“There is help and we need

to spread the word. My drive right now is the people in that cemetery. I don't want to lose another brother or sister.”

The names called out included Ottawa local CPL Anthony Reed, who died in 2012 at age 43, and Jason Simon, a third-year Carleton University student and reservist who died last week.

“Families don't want their sons and daughters forgot-

ten,” said Sherry Duplessis, a volunteer with Honouring Our Canadian Soldiers.

“When a person has committed suicide the family will feel that they're no longer part of the forces like they were before and their sons and daughters won't be talked about. A lot of people still have trouble saying the word suicide.”

Duplessis's organization, with chapters around the

country, is dedicated to supporting families who have lost a loved one to suicide and promoting mental health resources. Similar events were held across the country.

Veterans Affairs minister Kent Hehr spent time with the family of Simon and promised that better support for veterans and current members of the armed forces is a priority for the new government.



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Mobile wine bar turns heads

CELLAR 82

Kanata mom's Airstream a hit at weddings, other events

Normally alcohol and wheels are a bad combination, but a Kanata mom's wine bar in an Airstream trailer looks to be an exception to the rule.

A wine rep and event planner, Kasey Boudreau and her husband wanted to start a traditional brick-and-mortar bar but found the costs too high.

"So we decided if food trucks are making a big scene, why can't we do a beverage truck?" said Boudreau.

She later found an Airstream trailer for sale — the aluminum, bullet-shaped kind famous for acting as the quarantine vehicle for the first astronauts to walk on the Moon.

"I just loved the idea of the vintage (appearance), the retro, how different it is," said Boudreau.

So, as a birthday present to herself, Boudreau bought the trailer and, after a few months of figuring out exactly what to do, gutted it and redesigned the interior with the help of a girlfriend and a cousin who is a furniture designer.

Boudreau's business plan caught some welcome attention even before they were finished.

“So we decided if food trucks are making a big scene, why can't we do a beverage truck?” Kasey Boudreau

"I towed (the trailer) to my cousin's in Toronto and we were working on it until like 2 o'clock in the morning on the Wednesday night.

"And then I drove all through the night to be on CTV the next



Kasey Boudreau (inset) and her trailer, Cellar 82. The trailer catered to 18 events over three months in late summer and fall. COURTESY KASEY BOUDREAU

morning," she said.

"We hit the road running." Since then, Boudreau's trailer — called Cellar 82 — was on the road for three months in the late summer and fall, and catered to 18 events.

the wedding market because we assumed for outdoor weddings, this is a great bar area" said Boudreau. "But it's kind of expanded into private parties, private wine tastings, I have had some inquiries about children's birthday parties — non alcohol-related, obviously."

Clients have also contacted her about using the trailer as a musical lounge space, a smoothie bar and more.

Now, the trailer is a kind of mobile lounge space.

Boudreau has learned that she is in the running for a Momprenuer award.

It's "just incredible," said Boudreau, especially because

finalists were chosen by the public.

Momprenuers, the organization behind the awards, was started by Maria Locker in 2006 to educate moms about business. Now it provides marketing, accounting, branding and insurance advice, and runs classes and networking events.

In addition to profiling various entrepreneurs in its own magazine, the business hosts the Momprenuer Awards once a year.

A finalist in the startup award category, Boudreau stands to win \$5,000 in services and cash.

While the prestige and pub-

licity of winning the award is definitely of interest, Boudreau said she has ideas for the prize money.

"Right now I have a generator powering (the trailer) and I would like to put solar panels on to ease that cost," she said. Buying a truck to pull it rather than renting one is another goal, said Boudreau.

However a bigger reward will come when her 18-month-old daughter is old enough to understand what her mom is up to, she said.

Asked what some of the struggles were in becoming an entrepreneur while being a mom, Boudreau said, "I

couldn't have done this actually without becoming a mom, because I came up with the idea on maternity leave."

Now that her daughter is here, doing business and taking care of her is difficult at times, she said.

"Everyone kind of has to work around her schedule instead of the other way around. So I mean it's been difficult but it's also so ridiculously rewarding because I am excited for when she is old enough to understand what's going on. She can be like, 'I can do anything. Absolutely anything.'"

ADAM KVETON/METROLAND MEDIA
— WITH FILES FROM MEGAN DELAIRE

GOURMET CAFÉ

Price for a coffee? You choose

The new Gourmet Café asks customers to pay whatever they want for a hot beverage.

But that doesn't mean the drinks are free, says owner Gabrielle Bégin, who set up shop on Montreal Road at the corner of Blair Road. She wants the customers to pay what they deem is fair. According to Bégin, the idea for such a service has been gaining traction in businesses across Europe.

"It's just something to get people talking," she said. The pay-what-you-want concept had gone with the food as well, she said, but that proved difficult

to manage.

Bégin opened the 30-seat Gourmet Café back in November. She moved from Montreal to Ottawa with the goal of starting her own business, when she was given the opportunity to take up the space.

"It was very busy to start as it was just me but I now have three employees," said Bégin.

"I want this to be a community spot. Everyone who has walked in tells us they are happy about having a new meeting spot. We are really trying to bring some healthy options in the area, as well as

vegan options."

Every Thursday, Bégin is introducing a selection of foods not on the menu. Feb. 11 was Indian food day, and was done only through reservations.

The location now has a liquor license and there are plans for special events like comedy nights (Fridays) and jazz (Saturdays).

The Gourmet Café is open Mondays to Fridays from 7 a.m. to 9 p.m. and Saturdays and Sundays from 9 a.m. to 4 p.m. Jazz events would be slated for 7 p.m. to 9 p.m. on Saturdays.

SCOTT CAMPBELL/METROLAND MEDIA

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Camille Labchuk, executive director of Animal Justice, has been critical of the OSPCA for its request to have 21 pit bulls destroyed.
DAN TAEKEMA / TORSTAR NEWS SERVICE

Lawyers line up to fight for dogs' lives

ANIMAL WELFARE

OSPCA seeks to destroy canines from alleged fighting ring

Lawyers are lining up to fight a court application by Ontario's animal welfare organization to destroy 21 dogs that were seized in an alleged dogfighting ring.

The Ontario Society for the Prevention of Cruelty to Animals (OSPCA), a charity with policing powers, has already killed three dogs for medical

reasons, ostensibly on the recommendation of two veterinarians. The society said the application to euthanize 21 pit bulls is due to irreconcilable behavioural issues.

"Ultimately this is the most humane course and is in the interest of public safety," the OSPCA's Brad Dewar said in an interview.

In an unlikely alliance, several lawyers representing animal rights groups said they will try to intervene in the case alongside the lawyer representing the four people accused of running the alleged dogfighting ring.

"It's appalling to see the law enforcement agency tasked

with protecting animals going to court to actually attempt to execute them," said Camille Labchuk, executive director of Animal Justice, an animal rights organization that's considering a legal intervention in the case.

"These dogs themselves are innocent victims of an alleged dogfighting operation."

Ken Marley, who represents all four people accused in the case — they collectively face more than 300 charges related

to owning pit bulls, animal cruelty and weapons-related offences — said he will "vigorously oppose the destruction of any more of his clients' dogs."

"It's disturbing to me that three of them have been destroyed already without a court order," Marley said.

Animal welfare and rescue groups said they'll protest the issue outside the OSPCA's headquarters in Newmarket, Ont., on Saturday. THE CANADIAN PRESS



It's disturbing to me that three of them have been destroyed already without a court order.

Ken Marley, defence lawyer

SENATE SCANDAL

Closing of Duffy trial begins

As a former journalist, Sen. Mike Duffy knows the components of a story — you need the who, the what, the where, the when, the why and the how.

In the 61 days an Ottawa courtroom heard evidence on the 31 charges of fraud, breach of trust and bribery the senator is facing, the Crown and the defence argued the first five points.

But with the start of closing arguments on Monday, both sides will now get to the final element so necessary to their respective sides of the case, says Peter Sankoff, a law professor at the University of Alberta.

"It's about the how — how does all this stuff add up to guilt or innocence?" he said.

Duffy, 69, has pleaded not guilty to all charges.

The closing submissions cap off a trial that began in April and was initially supposed to last just eight weeks. But it's a story that starts back in 2008, when the popular broadcaster was appointed by former prime minister Stephen Harper as a Conservative senator for P.E.I.

Four years later, questions about whether Duffy could justifiably claim to be a resident of that province began to surface

and from those, more questions emerged about his expenses.

There's no question the changing of the political guard in Ottawa took some of the air out of the proceedings, Sankoff noted. But neither side has any room left for it anyway.

"What they were dealing with for long periods, who knew what at what time, who was dealing with the decision, I don't think any of that matters," he said.

"I think they are really going to focus ... on trying to explain why he should or shouldn't be convicted." THE CANADIAN PRESS



Mike Duffy
JUSTIN TANG/THE CANADIAN PRESS

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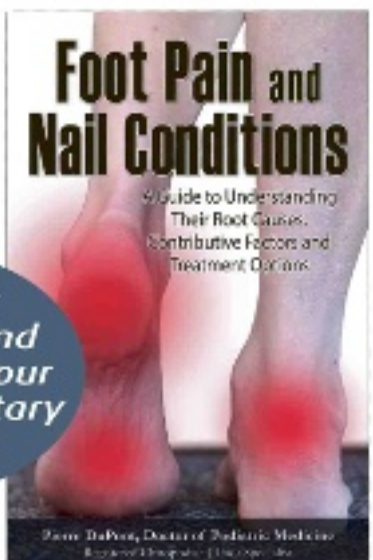
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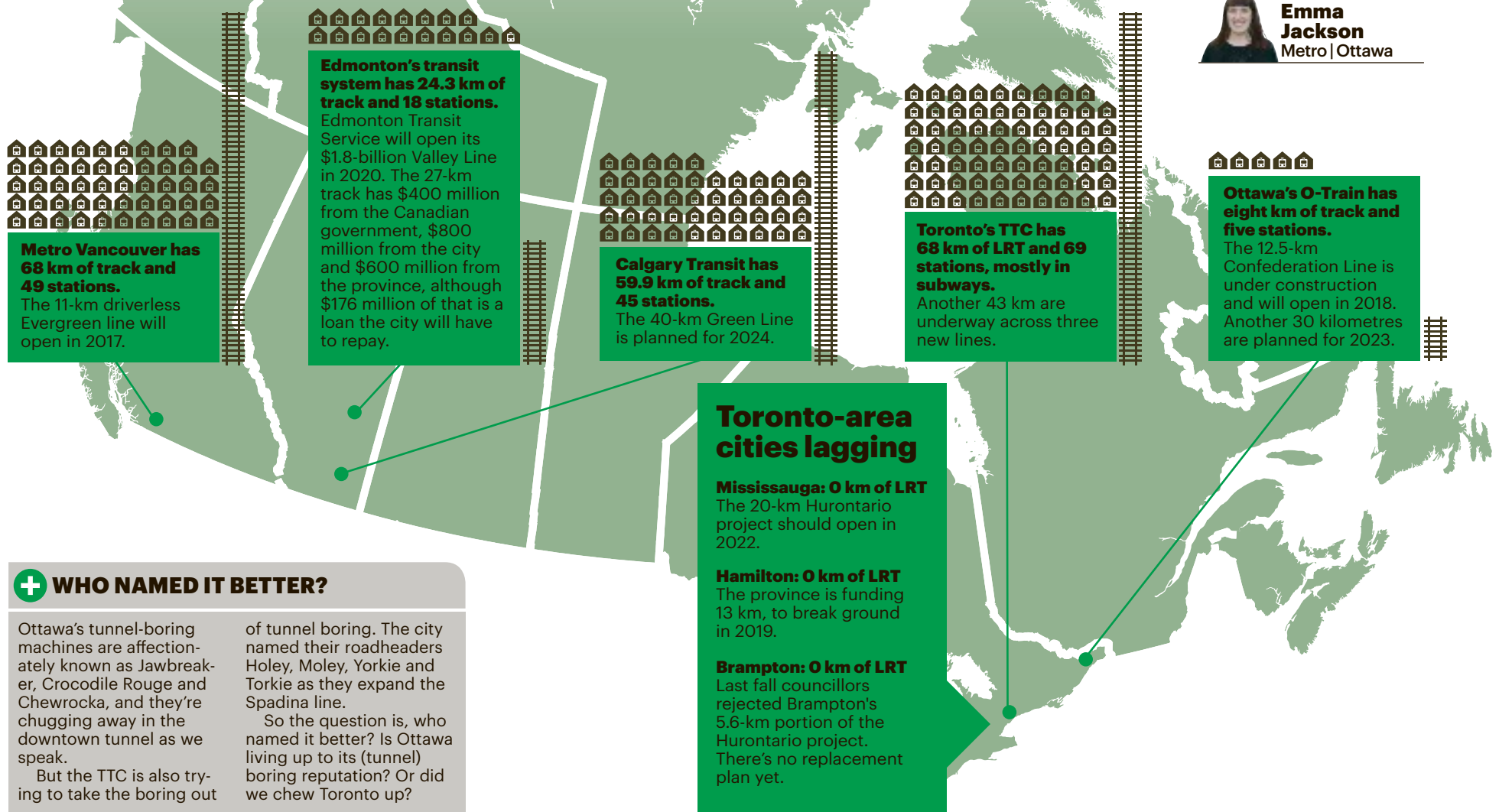
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LRT: How do we compare?

Ottawa's trundling as fast as our government town will allow toward a new light rail transit system. It's set to open in 2018, and if we count the O-Train, by then we'll have more than 20 kilometres of light rail, with another 30 km in the pipe. But even then, are we behind the times? How do we stack up relative to other cities?

Emma Jackson
Metro | Ottawa



+ WHO NAMED IT BETTER?

Ottawa's tunnel-boring machines are affectionately known as Jawbreaker, Crocodile Rouge and Chewrocka, and they're chugging away in the downtown tunnel as we speak.

But the TTC is also trying to take the boring out

of tunnel boring. The city named their roadheaders Holey, Moley, Yorkie and Torkie as they expand the Spadina line.

So the question is, who named it better? Is Ottawa living up to its (tunnel) boring reputation? Or did we chew Toronto up?

Is Ottawa getting its fair share of government funding?

Green infrastructure is on the tip of many politicians' tongues these days, and for the most part the money's not far behind.

The newly elected federal Liberals have promised to spend nearly \$20 billion on public transit in the next decade, and Ontario's Liberals have \$31.5 billion set aside for projects just in their province.

So has Ottawa gotten its fair share?

HISTORY

The capital has already been on the receiving end once — its \$2.1-billion Confederation Line project received \$600 million each from the feds and the province.

And the federal government has committed to fund one-third of Ottawa's \$3-billion expansion pack in 2018.

The province hasn't officially promised its Stage 2 share yet, but local MPPs have voiced unofficial support.

FUTURE PLANS

The jury's still out on whether two items on the city's wish list — a rail spur to the airport and an extension to Trim Road, both worth \$155 million — will see the light of day.

OTHER REGIONS

But across the country, government funding varies for public transit.

Sometimes the province covers the most, while other times the municipality is left with the lion's share.

Of course, Hamilton, Mississauga and Toronto have the best deal, as they get free rides for their new light rail lines.

That's largely thanks to Premier Kathleen Wynne, who plans to spend half her massive transit budget inside the Greater Toronto and Hamilton Area.

+ OPENING DATES

Ottawa's O-Train is one of the more recent instalments (opened 2001) relative to other cities.

- **Toronto's** system opened in 1954.
- **Montreal** opened its LRT line in 1966.
- **Edmonton** led the way in Alberta in 1978, shortly followed by **Calgary** in 1981.
- **Metro Vancouver** got its tracks up and running in 1985.



Mayor Jim Watson is hoping the provincial government will pay for an extension of light rail to Trim Road, which would cost about \$155 million. METRO FILE



Clouds of mosquitoes have been known to make outdoor activities irritating and unbearable for part of the summer in Kanata. MARVIN RECINOS/MARVIN RECINOS/AFP/GETTY IMAGES

Kanata votes to KO the mosquito

NATURE

Suburb's north approves killing flies via pesticide plan

Kanata North residents want mosquitoes to bite the dust, not themselves. Less than a year after several hundred Kanata Lakes area residents petitioned against the "black cloud" of mosquitos that made outdoor summer activities unbearable, a majority of residents have voted in favour of a mosquito pesticide program that promises to reduce mosquitos by 80 per cent.

After city planners and ecologists OK'd the use of bacterial pesticide *Bacillus thuringiensis israelensis* — provided its effect on the local environment was studied and provided residents were in favour of it — Kanata North Coun. Marianne Wilkinson arranged for a vote of homeowners in February.

With more than 11,000 ballots

going out to homeowners and residents of low-rise apartments in Kanata North, the ballots were due to be counted Feb. 16.

After Kanata North ward staffers and volunteers tallied the 2,525 votes received, 1,827 came back in favour of the nuisance mosquito program, with 678 people voting against it. There were also 20 spoiled ballots. "I was surprised," said Wilkinson of the vote results. "I thought it would be very close."

A simple majority would have been enough to move ahead with the program. She added that positive votes were not concentrated in any one part of the ward but throughout, strengthening the justification for going ahead with the program. Though some may point out that the number of votes is far less than the ballots sent out, Wilkinson said, "I think it's certainly clear enough, and people had lots of opportunities to vote."

The way the program will be paid for has changed, said Wilkinson. While she had said homeowners in Kanata North



I was surprised. I thought it would be very close.

Kanata North Coun. Marianne Wilkinson on the result of the vote.

would be charged a flat annual rate for the program (estimated to be about \$35), she said municipal laws in Ontario make flat rate payment schemes difficult.

So now the program will be paid for by both homeowners and businesses as a levy, with each building owner paying a different amount based on their property assessment. The cost will average about \$19 per property, said Wilkinson.

Despite the strong yes vote from the community, council still has to approve the program. The question was scheduled to be discussed at council on Feb. 24. Wilkinson said she expects it will pass.

ADAM KVETON / METROLAND MEDIA

CITY INFRASTRUCTURE

Councillor wants footbridge cash to fund fitness park revamp

River ward's councillor is advocating that city dollars once earmarked for the replacement of three condemned footbridges at Mooney's Bay Park instead be redirected to overhaul a "crumbling" outdoor fitness area there.

Municipal staff and River Coun. Riley Brockington agreed about a month ago to not use \$330,000 available to replace the three arched structures after they are removed this spring.

Brockington has pitched the idea of using the funding pot to revitalize and expand Sue Holloway Park, an outdoor fitness area located at the north end of the larger park at the bottom of the toboggan hill. It opened in 1988.

"I think this is an excellent idea," Brockington said of rejuvenating and expanding that park, named for an Olympian who lives in the Hog's Back Park area and is actively involved in the Rideau Canoe Club across the bay.

Brockington said he wants to see the "crumbling" fitness stations at the park within the park, which is leased to the city by the National Capital Commission, be overhauled with additional exercise stations to promote outdoor recreation.

The equipment, which includes a pull-up bar and other stations for strengthening, has come to the end of its life cycle, but is still regularly used in the warmer months, Brockington said, adding, "I was very firm (with staff) ... that we cannot abandon Sue Holloway Park."

Just how much of the \$330,000 parks and recreation funding will go to refurbishing Sue Holloway Park has not yet been fleshed out.



I was very firm (with staff) ... that we cannot abandon Sue Holloway Park.

Coun. Riley Brockington

"If we're going to commit those resources to that part of Mooney's Bay Park, to me it just makes sense to use it for Sue Holloway Park, and that's what I'm going to push for," Brockington said.

Also undecided is whether the fitness park will remain at the same site or be moved

elsewhere in Mooney's Bay Park to make room for another possible project.

"The city is currently reviewing the north end of the park and various options for that part of the park, which may include the need to relocate Sue Holloway Park," Brockington said.

"The site might be used for another purpose," he said, declining to reveal what that is as discussions are at the preliminary stage.

A decision about the park's future will be made by this spring. His vision is part of a series of improvements he has in mind for Mooney's Bay.

Brockington said his office is also planning to pay for new picnic tables, benches and barbecue pits "to bring more people down to the north end."

He also wants to install new signage in the park that would provide an overview of what Mooney's Bay and Sue Holloway parks have to offer and highlight their main features, such as the location of volleyball courts, washrooms, restaurants, parking lots, tennis courts, and the fitness park, which he said is somewhat hidden.

ERIN MCCracken / METROLAND MEDIA

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A eulogy for four-legged friends

The death of a Calgary Zoo otter has sparked a conversation about the safety of animals across the country. Here, Metro remembers some of the better-known critters that have died in recent years — some naturally, others not. Yet they all have one thing in common: They were beloved by their communities. **METRO**



HALIFAX TUXEDO STAN

This friendly feline captivated the nation and, indeed, the world when he ran for mayor in 2012. Saddened by Halifax's feral-cat problems, Tuxedo Stan spearheaded the Tuxedo Party movement and ran for office to draw attention to the issue. While Stan did not win, in Stan's name, city council provided a \$40,000 grant to the local SPCA. While Stan won this fight, he sadly lost against cancer in 2013.



OTTAWA BIG BOY

You might think of wild boars as a scourge on farmers and fearsome to residents. But Big Boy, as this particular wild boar was known, was a domesticated pet and much beloved by his owner Donna Lampron. Big Boy was shot when he wandered onto the property of Thomas Blair, a resident in Moose Creek, just outside Ottawa. However, Blair didn't know the boar was a pet and felt he was justified in his actions.



TORONTO WHITESQUIRREL

Many headlines have been written about Toronto's white squirrels — friendly residents among the trees of the Trinity Bellwoods neighbourhood. So loved are the squirrels that they have their own Twitter account, @WhiteSquirrelTO, and inspired White Squirrel Café. So the shock of seeing a white squirrel dangling from a hydro power cord, dead from apparent electrocution, echoed across the city, breaking the hearts of many.



WINNIPEG BAIKAL

An Amur tiger, Baikal, who lived in Assiniboine Park Zoo, died after it was attacked by a younger male tiger. Baikal had wandered into an enclosure where two youngsters were being housed. The zoo said a gate connecting the two enclosures had been mistakenly left unlocked, which allowed Baikal to get in.



CALGARY LOGAN

In a tragic tale, Logan the Otter, who lived in the Calgary Zoo, drowned last week after becoming entangled in a pair of pants left in his pool. This was chalked up to "human error," but many people are lashing out at the zoo, saying it's not the first time such incidents have happened.



VANCOUVER WALLY

Wally the sea otter was found suffering on the shores of Tofino, B.C. It was discovered that Wally was blind and suffering from gunshot wounds, so veterinarians amputated part of his flipper and cared for his injuries. Wally went on to win the hearts of Vancouver Aquarium's staff and visitors. The aquarium says Wally's last years were happy, but his health began to deteriorate in the spring. He died shortly after.

FAR NORTH

Satellite scare highlights symbiosis



METRO'S ARCTIC ADVENTURE

Braeden Jones
Metro | Winnipeg

Rumour has it there's a downed satellite near Resolute Bay.

The community of fewer than 250 is a place where information spreads fast. And a few weeks back, the word on the snow-covered street was the military would be up to collect pieces of a satellite that crashed.

The military presence was no surprise because the Arctic Training Centre is just a short snowmobile ride from Resolute. But squadrons running around the area looking for scrap is troubling for the hamlet's inhabitants, who rely on hunting those lands.

Philip Manik Sr., chairman of the Hunters and Trappers Association in Resolute, said hunters "not only hunt for themselves" but also share their bounty out of necessity.

"In our culture, if you have food you give it to people who can't hunt," Manik said. "Women without husbands, elderly people, and these days people who are without jobs



Phillip Manik Sr. said hunters "not only hunt for themselves" but also share their bounty out of necessity. BRAEDEN JONES/METRO

who are getting older."

Resolute senior administrative officer Angela Idlout said the hamlet normally has about 35 employees but there are about 80 students in the community and a lot of the other people don't work.

"They can't always afford to buy food, so they go get it," Idlout said.

Groceries are flown in and expensive. A can of beans is

\$9.99 in Resolute. Many residents are unemployed and can't afford to buy at a store.

Hunting is essential food-gathering for the community. So the rumour about the satellite made it to people who would seek answers, including local wildlife officers, RCMP, the hamlet office and Manik.

Manik was at a meeting last week at which the military's liaison officer, Lt. Navy Clayton

“

In our culture, if you have food you give it to people who can't hunt.

Phillip Manik Sr.

Erickson, clarified the rumour was just that.

"It's a story," Erickson said, a narrative for soldiers engaged in a training exercise.

Through a translator, Manik asked Erickson to pass on the tip that soldiers should not only avoid hunting areas and animals but also "the hunters themselves." Someone alone on the ice may look stranded but is more likely standing over a seal hole.

Erickson agreed.

He emphasized that living symbiotically alongside Canada's Arctic inhabitants and respecting their way of life is always the priority.

"We want to make sure everyone is on the same page and everyone is happy," he said. "If there are any concerns, I can bring that back so we can potentially change our plans if need be."

AVIATION

Possibilities for drones endless

A smile breaks out across Wyatt Travis's face as the machine tilts slightly and whirrs upward, a continuous buzz echoing from the four dizzying propellers.

It's Travis's first time flying a drone and he couldn't be happier.

"It was incredible," he says after landing the 1.28-kilogram machine. "It was a lot easier than I thought. And a lot of fun."

Once considered the stuff of sci-fi movies, pilot-less flying machines are booming both recreationally and commercially as tech enthusiasts and industries explore their capabilities.

"You have to have your head on a swivel these days because it's advancing so fast and the technology is changing so quickly,"

says Declan Sweeney, co-founder of Metro Vancouver's first-ever Drone Fair, held in Burnaby this weekend.

Sweeney has been working with drones for nearly 15 years and says when he started, most people flying unmanned aerial vehicles wore military uniforms.

Amazon has plans to use the flying machines to deliver packages, and companies across Canada are already using drones to survey land, monitor wildlife, help rescue operations and more.

Schools are also beginning to educate people about the machines. The British Columbia Institute of Technology (BCIT) will launch a course this April.

THE CANADIAN PRESS



A drone is used to document a roof raising during the renovations at BMO Field. MICHELLE SIU/THE CANADIAN PRESS

Leave EU: London mayor

POLITICS

Boris Johnson challenges PM, wants U.K. to abandon bloc

A new battle for Britain erupted Sunday, with London Mayor Boris Johnson saying he would join the campaign to encourage Britain to leave the European Union. The move posed a direct challenge to Prime Minister David Cameron, who has launched a major push to keep his country within the 28-nation bloc.

The popular, raffish Johnson immediately becomes the most prominent Conservative Party politician to break ranks with fellow Conservative Cameron's vision of the best course for Britain in a June 23 referendum on EU membership.

The referendum has divided Cameron's Conservative Party — while most in his cabinet back his wish to stay, several cabinet members oppose his stance and are campaigning for the country to break free of EU bureaucracy — a so-called "Brexit."



London Mayor Boris Johnson says he would support a vote for Britain to leave the EU in a referendum in June, dealing a blow to Prime Minister David Cameron. NIKLAS HALLE/N/AFP/GETTY IMAGES

The decision of Johnson, a two-term mayor who has been touted as a possible future prime minister, deals a blow to Cameron's hopes of a united front ahead of what is expected to be a hard-fought referendum.

"The last thing I wanted was to go against David Cameron or the government, but after a great deal of heartache I don't think

there is anything else I can do," Johnson told reporters outside his London home.

So far, no country has ever left the EU, and several European countries outside the bloc are still working to reform their economies and governance systems so they can join.

Cameron made a firm commitment three years ago to give

voters a simple "in or out" referendum if he was re-elected in 2015. He was acting to quell divisions within his own party, which has long had a strong vein of anti-Europe sentiment.

Johnson's decision was not a complete surprise because the 51-year-old former journalist has for several decades criticized the growing EU bureaucracy, first in

“The last thing I wanted was to go against David Cameron.”

Mayor Boris Johnson

his newspaper and magazine columns and later from Parliament and city hall.

Striking likely campaign themes, Johnson criticized EU courts for taking too active a role in British affairs and said the entire European project was in danger of spinning out of “proper democratic control.”

The mayor was immediately praised by one of the leaders of the “leave” campaign who have been searching for a charismatic figure with mainstream appeal.

The prime minister also cautioned that if Britain pulls out, it would take years to negotiate such a deal, since it also needs to make sure that British companies still have access to European markets.

Cameron plans to go to Parliament on Monday to formally set in motion the June 23 referendum. THE ASSOCIATED PRESS

UNITED STATES

Snowden willing to face justice

Speaking via Skype from Russia, Edward Snowden told an audience of supporters in New Hampshire on Saturday that he is willing to be extradited to the United States if the federal government would guarantee he would get a fair trial.



Edward Snowden THE ASSOCIATED PRESS

The former National Security Agency contractor in 2013 leaked details of a secret government eavesdropping program and left the country. He faces U.S. charges that could land him in prison for up to 30 years.

Snowden has offered to return home and discuss a plea deal and even go to jail.

His revelations about the NSA, Britain's GCHQ and other intelligence agencies set off an international debate about spies' powers to monitor personal communications.

THE ASSOCIATED PRESS

IN BRIEF

Gunman opens fire on random people in Michigan

A gunman opened fire outside an apartment complex, a car dealership and a restaurant Saturday in Michigan, killing at least six people at random, police say. They identified the shooter as Jason Dalton, 45, an Uber driver.

Kalamazoo County Undersheriff Paul Matyas described a terrifying series of attacks that began about 6 p.m. Saturday outside an apartment complex on the edge of Kalamazoo County, where a woman was shot multiple times. She was expected to survive. THE ASSOCIATED PRESS

Phoney health workers break into homes in Brazil

Brazilian authorities in the southern city of Joinville are warning residents to guard against fraudsters after three thieves posing as health workers working to wipe out the Zika virus entered a home and ran off with cash and electronics.

There have been 220,000 soldiers mobilized to join 300,000 health workers in house-to-house searches to eliminate possible breeding sites for the Aedes aegypti mosquito that transmits the Zika virus. THE ASSOCIATED PRESS

GERMANY

Refugee home site of suspected arson

Onlookers celebrated as a suspected arson fire damaged a former hotel being converted into a refugee home in eastern Germany, police said Sunday, raising new concerns about violence toward migrants in a nation that registered more than a million asylum-seekers last year.

The blaze in the roof of the building in Bautzen, in the eastern state of Saxony, broke out overnight. Police said no one was injured but a group of people gathered outside, some “commenting with derogatory remarks or unashamed joy” at the fire.

While most Germans have been welcoming toward refugees, a vocal minority has staged

protests in front of refugee homes, especially in the east. Germany last year saw a surge in violence against such lodgings.

Police ordered three people to leave the fire scene because they were hampering firefighters' work and then temporarily detained two of them, whom they described as intoxicated 20-year-old locals, after they ignored the order.

Investigators found traces of a fire accelerant at the scene and believe the fire was caused by arson, police said. It wasn't immediately clear whether the building can be restored.

Saxony is home to the anti-Islam and anti-immigration group PEGIDA. THE ASSOCIATED PRESS



Two people were detained after interfering with firefighters' work, police said, after fire damaged a hotel being converted into a refugee home. RICO LOEB/DPA/THE ASSOCIATED PRESS

INDIA

Deadly protests cut off water

Authorities in India's capital have closed schools and taken other measures to combat water supply problems caused by violent protests in a neighbouring state that have left at least 12 people dead.

Thousands of members of an underprivileged community who are protesting to demand government benefits have damaged equipment that brings water from the Munak canal in Haryana state to New Delhi, depleting the capital's water supply. New Delhi, a city of more than 16 million people, gets about 60 per cent of its water from Haryana state.

Arvind Kejriwal, Delhi's chief minister, announced Sunday that schools in the capital would be closed Monday due to the water shortage. He ordered rationing of water to people's homes.

At least 12 people have been killed by Indian security forces firing on protesters since the week-long protests turned violent on Friday, state Home Secretary P.K. Das told reporters Sunday. Another 150 protesters have been injured in clashes in various parts of the state.

Two more deaths were reported Sunday in the Sonipat and Hissar districts of the state, raising the death toll



Haryana state was rocked by violence that damaged equipment supplying water to New Delhi. DEEPAK KHANNA/THE ASSOCIATED PRESS

to 12, Das said. Ten people were killed over Friday and Saturday.

However, a breakthrough appeared to be in sight as Prime Minister Narendra Modi's government set up a federal committee to examine the protesters' demands.

The Press Trust of India news agency said the protesters started lifting the highway blockades in some areas

later Sunday after the government's announcement. There was no formal announcement yet by the protesters on the issue.

Sporadic violence was reported in Haryana on Sunday, with protesters setting fire to a bank ATM and bank records, a car showroom, a gas station, some shops and a railroad station.

THE ASSOCIATED PRESS



Deborah Magdee holds photographs of her deceased mother, 87 year-old Elizabeth at her home in Vancouver, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Providing families the 'time to grieve'

DEATH

Workshops teach skills to perform funerals at home

It's only because Deborah Magdee happened to overhear a radio show two years ago that she left her mother's dead body at home for five days.

The radio segment introduced the Vancouverite to home funerals, where family and friends assume the role of a mortician rather than relying on a morgue. Proponents say it's a cheaper, more intimate experience that can help loved ones grieve.

At the time, Deborah cared for her mother Elizabeth — or Baba to the Ukrainian-heritage family. Deborah knew her mom, who suffered from dementia, could die soon.

The more Deborah listened to how the funeral industry handled corpses, the more she wanted to explore the possibility of a home funeral.

"How can I just let these stran-

gers come and take her away and put her in a morgue?" she recalls thinking. "I do not want anybody touching my mom like that."

She turned to Google and found a burgeoning industry. More than 50 home funeral directors work in North America, according to the National Home Funeral Alliance, including Pash-ta MaryMoon, a death midwife in Victoria.

MaryMoon, who co-founded the Canadian Integrative Network for Death Education and

"I don't have any issues around being with dead bodies," she said. "It's really not that different than caring for a live person."

Deborah attended one of MaryMoon's workshops in August 2014 and then convinced her family to help plan a home funeral for Elizabeth, who died the following March at 86.

Deborah and the family lit candles and played music, leaving Elizabeth's body in her room where they could sit with her



You can go there by yourself at two in the morning and cry or talk to the person. Deborah Magdee

Alternatives, said much of her work is educating people about do-it-yourself funerals.

"It's an old, ancient, forever process that we lost in the 20th century," she said.

MaryMoon helps people navigate the paperwork required when someone dies and teaches home-funeral workshops to go over the logistics of the service.

and reflect.

"You have time to grieve," Deborah said. "You can go there by yourself at two in the morning and cry or talk to the person."

Friends and family visited for a celebration of life, where they decorated Elizabeth's casket, covering it with photos and messages of love. THE CANADIAN PRESS

TECHNOLOGY

Camera boost, VR in new Samsung, LG smartphones

To revive interest in smartphones, Samsung and LG are improving their cameras and embracing the nascent world of virtual reality.

Samsung's new flagship phones — the Galaxy S7 and S7 Edge — promise better photos under low-light conditions, in

part with sensors that capture more light. The main camera on LG's upcoming G5 smartphone will have two lenses — one for standard shots, and another with a wider angle so you can capture more of what's in front of you without having to step back.

Both companies will also

release several camera-related accessories. Samsung, which unveiled a virtual-reality device for consumers last fall, will now make a 360-degree camera for everyday folks to capture and share VR images. The company will also make smartphone cases with a hole to screw in special

lenses, such as wide angle and fisheye views.

LG will have its own VR headset — a lighter version of Samsung's Gear VR — as well as a smartphone attachment that functions as a camera grip with physical buttons to take shots and control video recording.

The announcements Sunday at the Mobile World Congress wireless show in Barcelona, Spain, come as worldwide smartphone growth has slowed.

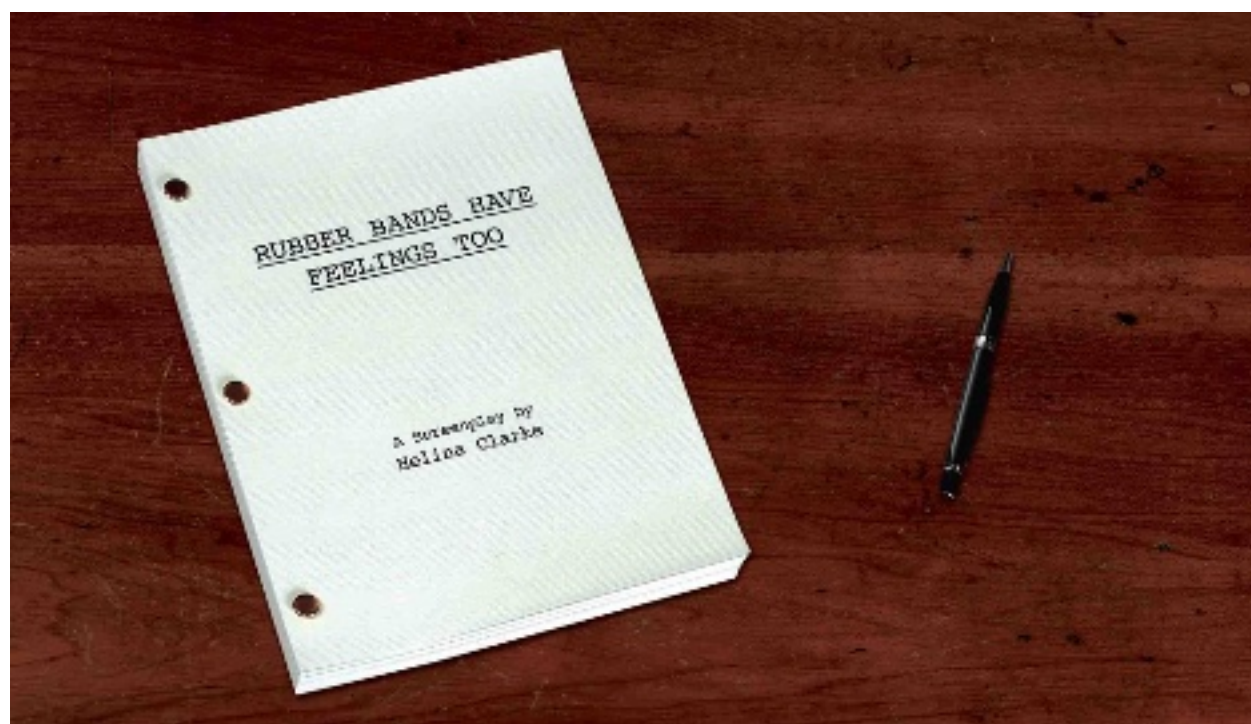
The new phones will start shipping March 11, with advance orders to begin this week.

THE ASSOCIATED PRESS

ALBERTA

Notley calls on feds to help boost economy amid Bombardier deliberations

With the federal government considering aid for aerospace giant Bombardier, Alberta Premier Rachel Notley is calling for more aid in her province. THE CANADIAN PRESS



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ROSEMARY WESTWOOD

metroview

The question at the end of Lent should not be 'Did I win?'

It's been almost two weeks.

Fourteen of 40 days of Lent. And I'm not sure I've changed. Yet.

I'm not drinking — a classic Catholic answer to the call to fast or do good deeds between Ash Wednesday and Easter, in order to prepare our hearts for Jesus' resurrection. But, this year, going alcohol-free feels more like a money-saving endurance test than a true Lenten effort.

Like many, I'd been seeing Lent as a kind of extreme sport: How long can I go without X? According to Google, Ethiopians are giving up meat in Ohio, sex in California, fried food in Kentucky, and Facebook in Oregon.

Each year, I've given up booze and figured I was being observant.

I was not.

In church on Ash Wednesday, the priest told us that he understands the desire to swear things off wholesale: He did it himself when he was child (no candy). But Lent isn't a test, he said; it's an opportunity. It's not about feats of abstinence — it's about feats of growth.

The question, at the end of it all, shouldn't be: Did I pass? Or did I win?

"The question is, 'Have I changed?'" the priest said.

It is odd, or perhaps fitting, that Lent comes soon after the new year, a month

and a half after most of us have taken stock of our lives and ourselves. Anyone religious should be pretty well situated, after all that introspective angst, to pinpoint the holes in their faith.

So, as a Catholic who rarely prays, I've decided to do it daily. I'm trying to say prayers that are hopeful, joyful, expansive (instead of the ones about how I'm sinning all the time). I'm focusing on relationships I find difficult. I'm trying to choose, in little ways, to help other people.

So far, I'd give myself a solid C+.

Which isn't so bad. Being more loving, more giving — that is never going to be easy. It takes a lot more energy and honesty then forfeiting a beer.

Ultimately, faith is supposed to bring happiness, joy, contentment. Richard Rohr, the Franciscan friar, wrote "Lent is just magnified and intensified life." Which makes this practice, this effort for change, one that anyone could, theoretically, adopt.

Not that I'm telling you what to do. And not that I'm judging other Catholics. (That wouldn't be very Christian.) And while I'm OK with my current C+, I'm a type-A competitive. And though I've set goals I can't definitively win or lose, I couldn't be more desperate for change. Even a tiny, little bit.

THE BIG THING: ETHIOPIAN FAMINE, AGAIN

In the mid-1980s, the alarm about the devastating famine in Ethiopia was raised with the boom of bass guitars at LiveAid. This time around, we've barely heard a whimper (yet), though the current drought is much worse. **The El Niño climate has made this Ethiopia's driest season in 50 years, putting 10 million people's lives at risk** — equivalent to almost the entire pre-war population of Syria, whose crisis has garnered far more international attention. There's overwhelming need for action, and fast, but the East African nation is in a far better position to handle the challenge now than 30 years ago, when famine and concurrent political instability killed about half a million people and left scars that can still be seen today.

1 The cost of crisis

The trauma of Ethiopia's 1980s food crisis can be plainly seen on the bodies of the young adults who were 12 to 36 months old during the height of the devastation. **They're profoundly stunted: an average of 5 centimetres shorter than their older peers who did not suffer starvation in the early years of life.** And those are the children who were born at all — research shows a noticeable, years-long dip in fertility among married Ethiopian couples who lived through the famine. SOURCES: DEMOGRAPHY, JOURNAL OF THE EUROPEAN ECONOMIC ASSOCIATION

2 Pace of progress

Ethiopia is one of the fastest-growing economies in the world. A more urban population means comparatively fewer people are relying directly on crops to survive. Food aid is being imported into neighbouring Djibouti and delivered to hard-hit areas of Ethiopia via a new, Chinese-built electric railway. Finally, **technologies that didn't exist in the 1980s may lessen the impact of this once-in-a-lifetime drought.** An example is an Ethiopian-made enriched peanut paste that is cheap, tasty, keeps well and can help prevent malnutrition in children. SOURCE: BBC

3 Time is ticking

COLIN COSIER/AFP/GETTY IMAGES

The Ethiopian government now has functioning "strategic grain reserves," including this depot in Adama (pictured). However, the charity **Save the Children Ethiopia says unless \$245 million is pledged by foreign donors before the end of February, the country will suffer a "break in the food aid pipeline."**

Thoughts on light rail as I run for another bus

COLLINS' CAPITAL

Steve Collins



Thou shalt not run after thy bus. This safety-minded directive tops the list of OC Transpo's boarding tips, and, yeah, I know it.

But when something you want is a minute too far ahead (or something you don't want a minute too close behind) running is our species' oldest solution.

It's especially hard to resist if your bus, like mine, stops on the far side of four lanes of traffic, across which you've witnessed its heart-sinking, day-disordering departure too many times.

Its next stop is at a traffic light, but by the time I catch up wheezing with it on one recent run, it is officially stopped at the light, not the stop. The distinction is, to the naked

eye, a subtle one.

I knock on the driver's door. There are many ways this can go. Sometimes the driver lets you on and you rejoice. Sometimes he just stares straight ahead, resolutely not seeing you, in what some might see, in a professional driver, as a worrying failure of peripheral vision.

This time, I get a blank stare, as if he can't quite crack the mystery of what this stranger at the bus stop could possibly want of him. This continues until the light turns green and off he goes.

It is only as I wave goodbye to say, "I respect your decision, sir, and have a swell day," that I notice a single finger on my hand reflexively stiffened into a position that might undercut my message.

All part of the magic of transit, where a minute can make all the difference to the rest of your day, and riders are advised always to allow more

travel time, as if unlimited quantities are available, and there exists a magical amount that this ravenous system cannot devour.

If getting your own butt from A to B can be an adventure some days, imagine trying to move 340,000 of them every day in the middle of a conversion from buses to LRT.

When OC Transpo revealed details on the final closures of the Transitway, from Laurier to Lees in April and Tunney's Pasture to Merton Street in June, I was mindful of the size and complexity of the undertaking, and impressed as always at the attempt to break down the variables and estimate of how many minutes the changes will actually cost riders.

April's shutdown of the University of Ottawa's Campus station, and rerouting buses along King Edward Avenue and Nicholas Street, is expected to affect only six per cent of customers, who are

looking at another one to four minutes of travel time. Some of those minutes will be more agonizing than others, as the April 24 shutdown coincides, unavoidably, we're told, with the University of Ottawa's exams.

The cost of June's closure from Merton to Tunney's, and more rerouting onto Scott Street, is pegged at one minute for about 14 per cent of OC Transpo's daily customers. That's one minute added to 47,600 trips (793 hours, or about 33 days) every day.

And this is under "normal conditions," which, per last week's 50-centimetre reminder, aren't always what we get. Those trains won't come a minute too soon.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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How much money do I need?

NEST EGG

Be calculating with your retirement savings

Michelle Williams

A generation ago, planning for your retirement meant saving whatever money you could. Then, when you turned 65, you'd live on your savings. There was very little accounting for lifestyle and what your dream for retirement might look like.

"We've heard many different rules of thumb about what the right number is for a successful retirement," says Jake Lockhart, a certified financial planner with Investment Planning Counsel and Lakeside Financial Planning in Kelowna, B.C. "A million dollars is a popular one. Another number you hear bandied around is 70 per cent of your pre-retirement income. Fact is, there's no magic number that suits everyone."

Surrounded by choice

"We have so many choices today when it comes to discretionary spending in our globalized world," says Serena Cheng, director of wealth management and investment advisor with Richardson GMP in Toronto. "We also have such varied interests. Is it import-



The lifestyle you want to lead once you retire will determine how much money you will need to save. ISTOCK

ant for you to eat out? Do you love to travel? Are you a serial shopper? We've never had the choices we have today."

For this reason, both Lockhart and Cheng agree that the first step to determining what you'll need for your retirement is to identify your lifestyle priorities.

"In our process, we ask cli-

ents to spend time analyzing the life they envision for themselves in retirement," says Lockhart. "Every detail is important, from things like whether you plan to downsize from your family home to whether you'll have to travel to visit your family out of the province."

"Once you determine that,"

says Cheng, "you have to figure out how much money you need to put away to allow for this lifestyle. If you're unsure, give yourself the flexibility of a bandwidth so you have a range."

"You also factor in cost of living — I use three per cent per year to be on the safe side. You don't know how long you'll live, but you have to plan out

to 95 years plus because people are living longer."

Get organized

"You have to make reasonable assumptions about the return on your assets pre- and post-retirement," says Lockhart. "Before you retire, organize your affairs so you're insulated should your investments suf-

fer due to an economic downturn, which can be especially catastrophic early in your retirement. This could mean a shift in your investment strategy and possibly the assumed post-retirement rate of return."

A common strategy is to first determine your goal (e.g., to retire at 55), then see if you have the financial resources and strategy to support that.

"We start with what your dreams are for retirement and project what it will cost. Then we look at current saving strategies and assets to see if you're on track," says Lockhart. "If there's a financial shortfall, you have to consider different options: maybe it's adjusting your lifestyle today to save more for retirement, working a few years longer or changing the style of your retirement."

Crunching the numbers

If you're thinking this sounds pretty complicated, you're right. It's not enough to do a spreadsheet of your expenses for your optimum retirement lifestyle and try to assess how much that will cost. It's a mathematical quagmire that's extremely complex for most investors to wade through, even with savvy online calculators.

"I'm not going to say you can't figure it out yourself," says Cheng, "but financial planners are equipped to ask the right questions and do the calculations to thoroughly project what you'll need so you're not left short — with too little, too late."

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Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only two months left to tackle the women's largest financial burdens and teach them to allocate resources.

Prioritizing debt repayment



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: We've been following two young women as they get serious about making progress on their money. They have 12 weeks to crush their debt, start saving for the future and break bad spending habits. Can financial guru Lesley-Anne Scorgie turn the financial tides for these ladies?

THIS WEEK: Where do you turn when you're in a financial pinch? For so many it's friends and family first, then traditional forms of credit such as consolidation loans or credit cards. Annick has laid her financial cards on the table and must choose which loans get paid off first.

NEXT WEEK: Yolanda wants to be a homeowner, which means she must save at least \$25,000 for a down payment plus closing costs. The big question is whether she should move back home or not. Every financial decision has a financial and emotional trade-off — both good and bad.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Annick owes money to friends and family not because of overspending, but rather she borrowed for the damage deposit on her Calgary apartment and to furnish it with the basics.

Like so many young Albertans, she'd hoped for a higher salary post-graduation, but landed in a rotten economy and was earning half what the recruitment officers in her energy management program said was the going rate for new graduates.

Within three months of full-time work, Annick confronted her finances and determined a second job would be necessary to afford the payments on her credit cards and other loans. She also started taking advantage of free city programs such as the theatre and discounts on transit for those with lower income.

Today she's putting \$1,125 per month towards her debt and is on track to eliminate her loans to friends and family by March 1. At this pace, Annick will be consumer-debt free (not including student loans) by July.

THE LESSON

In my experience, borrowing money from friends and family causes anxiety and can cost you your relationship.

Imagine showing up at your mother's home in new kicks



Annick, 24, Calgary, Alta.

NET WORTH:
\$ - \$60,800

Annick is putting over a thousand dollars a month against her debt to reach her goal of becoming consumer-debt free by July. JENNIFER FRIESEN

when you still owe her \$1,000. She'll be angry and dinner will taste awful.

Balances and interest aside, I recommend you prioritize repayments to friends and

family first, then move on to the next highest interest debt followed by the next. For example, pay your brother first, then Visa (18 per cent), then the line of credit (8 per cent),

then your personal loan (6 per cent), and on you go.

What's important for Annick is a reward at the end of this tunnel of debt. So she's decided that once July hits and

MONEY

Annick's monthly budget

The Budget: Annick uses a budget to manage her monthly cash flow. It's straightforward. She tallies up her income and subtracts her expenses to get to her bottom line. Because she's on a mission to become debt free, any extra cash Annick has should go directly toward her debts.

Income (take home) **\$2,450**

Expenses:

Rent	\$750
Groceries	\$250
Utilities, Internet & cellphone	\$125
Entertainment & gifts	\$125
Personal care	\$75
Visa	\$125
MasterCard	\$50
Student loans	\$150
Other loans	\$800
Total Expenses	\$2,450

Bottom Line **\$0**

she has better cash flow, she'll save up to take an affordable trip to visit a friend in Miami later in the fall. We'll tackle the Canadian/U.S. exchange rate when the time comes.

MUSIC

Experts weigh in on what weight loss can do to a singer's voice

The writing on Sam Smith's wall, at least on his Facebook wall, says "What happened?"

Fans and followers of the 23-year-old Stay With Me singer have been posting their shocked reactions to his dramatic weight loss, which Smith told the Today show in September amounted to close to 50 pounds. His diet has only accelerated ahead of the Feb. 28 Oscars, where he is expected to perform his nominated Bond theme Writing's on the Wall.

Adele, as well, showed off a



Sam Smith in February 2015, left, and at the Grammys in February 2016. GETTY IMAGES

slimmer figure on last week's Grammy red carpet. In a cover story for March's Vogue, she says she's quit smoking, cut

back on alcohol and reduced her sugar intake to prep for her upcoming tour.

But are pounds all that these big-voiced balladeers are losing? Could they also be losing their vocal fireworks in the bargain?

The classical world has long held that a commanding physical presence and force-of-nature vocals are linked, dating back to at least the 19th century. In those days, Richard Wagner's epic operas cast booming-voiced, large-framed sopranos and tenors,

inspiring the phrase "It ain't over till the fat lady sings."

But Marshall Pynkoski, founder of Toronto opera company Opera Atelier, says the size of the Viking had little to do with the force of her voice.

"In the 19th century, voluptuous women were very much in style," he says. "It's like people saying dancers have to be skinny. Well it's because we've gone through several generations of seeing ballerinas being thinner and thinner and thinner."

"In pop singers, I don't think it's going to make a difference, except for a positive one," says Dr. John Hands, a laryngologist and voice-care consultant for theatre companies including the Canadian Opera Company, Mirvish Productions and the Stratford Festival.

"They have 20 or 30 pounds that sit on their abdomen and they're going to walk around and carry it," Hands says. "Would I be happier not carrying that weight? I would."

"Voice power has everything to do with your skeletal structure, the structure within your head, your rib cage, your lung capacity," says Pynkoski. "But size does not equal vocal power. It's about being in great physical shape so that the muscles in your body are going to respond in such a way that they are going to support your vocal technique."

In other words, get ready for the impossible: Sam Smith sounding better than ever.

TORSTAR NEWS SERVICE

Raising kids: It's not all about piano lessons



Give kids a role instead of assigning chores. ALL PHOTOS ISTOCK

CHORES

Kids who don't help at home are ill-prepared adults: Author

Psst. There's an untapped resource in your household and it's hidden inside your kids.

Yes, beneath that veil of feigned incompetence, and even in spite of their wide portfolios of extra-curricular activities, your kids can — and should — be doing more work around the house.

"Parents really underestimate what their children can do," says Melinda Blau, author of numerous parenting books, the latest of which is *Family Whispering: The Baby Whisperer's Commonsense Strategies for Communicating and Connecting with the People you Love and Making Your Whole Family Stronger*.

Even though we may well remember mowing the lawn by age 9 and making meals by 11, today's time-pressed

parents tend to be more concerned with marshalling their kids through homework, lessons and activities.

But this not only creates an imbalance in the household responsibilities that fall to the grownups, it also robs our kids of the most important knowledge we can pass on.

"The one thing people don't do is tell kids how to run a household, and that's the one thing they're all going to have to do in their lives," says Blau, a Northampton, Mass.-based writer.

"It's the most important life skill. How do you do laundry? How does food get on the table? How does the floor stay clean?"

When all we ever ask of the kids is to do their homework and practise the piano, we end up making domestic duties kind of invisible to our kids — and establishing a precedent that it's the parents' job to take care of everything else. It's no wonder then that so many of them leave for university with little clue how to look after themselves.

Blau suggests we shift our



All of the jobs that are required in a household are things that kids can do to varying degrees if we let them try.

Melinda Blau, author of *Family Whispering*

focus away from the parent-child relationship and instead put an emphasis on the family as a whole, involving the kids in all aspects of family life. This creates an investment in the well-being of the family unit, she says.

Rather than presenting domestic responsibilities as chores, we should instead talk about roles.

The problem with chores is that we greet those with an "assignment mentality," says Blau. "It's far better that kids step into a role than parents assign chores."

"Every house needs a vacuumer, a cook, a sweeper, a pet feeder as well as a sous chef," says Blau.

She advocates discussing these roles at frequent family "check-ins" — a term she prefers to the more ominous

sounding "family meeting."

"You make them aware of all these things and that, since we're all part of the family, we're all going to do those jobs."

Then based on age and interest, the family decides together who will fill each role.

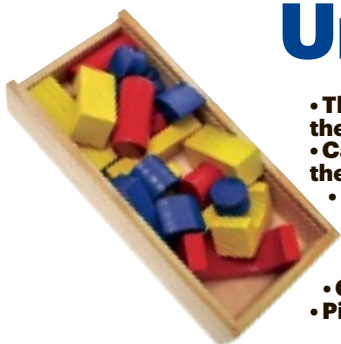
Let's say a child needs a reminder to take care of something that's become their duty — like feed the cat, for instance. "Instead of saying, 'Hey, you didn't do your chore,' you say, 'Puffy looks hungry.' You give them the chance not to be wrong."

"All of the jobs that are required in a household are things that kids can do to varying degrees if we let them try. We wait until they're teenagers and then we're upset because they're lazy."

TORSTAR NEWS SERVICE

BY AGE WHAT CHORES YOUR KIDS COULD BE DOING TO HELP

Under 3



- Throw dirty clothes into the hamper
- Carry light bags in from the car
- Do simple cooking tasks like sprinkling or mixing pre-measured ingredients
- Clean small spills
- Pick up toys

3 to 5



- Sort dark and light wash
- Vacuum and dust furniture
- Set table and load dishwasher
- Spread butter on sandwiches
- Feed pets

5 to 7



- Use washer and dryer
- Fold and put away clothing
- Make own sandwich
- Peel vegetables
- Clean sink and bathtub

7 to 10



- Do own laundry
- Chop and slice food items
- Clean own bedroom thoroughly
- Wash patio
- Clean inside of car



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Kicking and screaming: Dragging feelings out of men can't be this hard

THE SHOW: *Mad Dogs*, Season 1, Episode 4 (Shomi/Amazon)
THE MOMENT: *The Admission*

Four friends who've lost touch have reunited in Belize, at the luxe beachside villa of their mysterious friend Milo (Billy Zane). There's Joel, the bitter one (Ben Chaplin); Lex, the one in recovery (Michael Imperioli); Gus, the seemingly responsible one (Romany Malco); and Cobi, the screw-up (Steve Zahn). But this paradise is a sh—show: Milo is mixed up with drug lords and dirty cops.

Now the four are holed up in the kitchen, facing death,

while a long night passes.

"I didn't call your wife, she called me," Joel finally admits to Cobi. "I've known her longer than you have. She wanted to sit down and talk."

Cobi sneers. "Don't insult me, Joel," he says. "Guys don't sit down and talk. Guys avoid all forms of discussion — unless we think there's going to be a f— at the end of it. Then we're all ears."

Between this, *Vinyl* and *Bilions*, there are a lot of shouty dudes on TV all of a sudden, pounding their chests at one another.

Mad Dogs is the most amped up: a thumping score,

marauding assassins, carved-up corpses. But the mayhem turns out to be just an extreme backdrop against which to explore male friendship.

The quartet share one thing: each feels like a loser. But not until the blood hits the fan do any of them own up to that.

Mad Dogs takes the cliché about men — that they won't discuss their feelings unless you put a gun to their heads — and makes it literal.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Mad Dogs uses a violent, dramatic backdrop to explore friendships based on gendered clichés. CONTRIBUTED

WOMEN'S SOCCER

U.S. beats Canada in final of qualifier

Lindsey Horan and Tobin Heath scored in the second half and the United States defeated Canada 2-0 Sunday in the final match at the CONCACAF Olympic qualifying tournament.

Both teams had already claimed the region's two spots in the Rio Olympics this summer with semifinal victories. Alex Morgan scored three goals in a 5-0 U.S. victory Friday over Trinidad and Tobago, while Christine Sinclair scored twice in Canada's 3-1 win over Costa Rica.

The United States has won the past three gold medals and four overall since women's soccer became an Olympic sport in 1996. Canada, the bronze medallists



Becky Sauerbrunn, right, of the U.S. and Canada's Melissa Tancredi battle for the ball on Sunday. GETTY IMAGES

in the 2012 London Games, will be making its third straight trip to the Olympics.

THE ASSOCIATED PRESS

NASCAR

Hamlin wins by a hair in Daytona 500

Joe Gibbs wanted another ring and Denny Hamlin got it for him in the closest Daytona 500 finish in history.

Hamlin raced to his first Daytona 500 victory Sunday, the first for Toyota, and the first in 23 years for Joe Gibbs Racing.

The three-time Super Bowl winning coach made it clear during Speedweeks that he wanted another Daytona 500 victory, and his drivers were clear on the task at hand. All four JGR cars pulled

the field in the closing laps with Matt Kenseth out front and leading Martin Truex Jr., a Toyota teammate.

Hamlin waited until one lap to go to pull out of line and hope to get a big enough shove to get to Kenseth.


Kenseth tried to block his teammate, Hamlin wedged his car between Kenseth and Truex, and raced Truex side-by-side to the checkered flag.

Kenseth faded to 14th.

THE ASSOCIATED PRESS

0.010

Hamlin's margin of victory over Truex.


NBA IN BRIEF

Love leads Cavs past OKC

Kevin Love scored 29 points to help the streaking Cleveland Cavaliers roll past the Oklahoma City Thunder 115-92 on Sunday.

Love was 9-for-18 shooting from the field and 11-for-12 at the free-throw line to match his second-best scoring performance of the season.

LeBron James had 25 points, 11 assists and seven rebounds for Cleveland, which won its fifth straight.

Kevin Durant scored 26 points and Russell Westbrook had 20 points, 11 assists and nine rebounds for Oklahoma City. THE ASSOCIATED PRESS

Raptors have a triumphant return home over Grizzlies

The Toronto Raptors marked their return home with a victory on Sunday.

DeMar DeRozan had 21 points, while Kyle Lowry added 18 to lead the Raptors over the Memphis Grizzlies 98-85 in their first game in Toronto in three weeks.

Cory Joseph scored 14 points, while Jonas Valanciunas added 10 points and a game-high 12 rebounds for Toronto (36-18).

Zach Randolph led Memphis (32-23) with 18 points. THE CANADIAN PRESS

No urge to move

SENATORS

Neil says he wants to stay put as trade deadline looms

Chris Neil wants to finish his career with the Ottawa Senators.

The 36-year-old forward has appeared in 953 career games with Ottawa and the city has become home for Neil, his wife, Caitlin, and their three young children.

But the NHL trade deadline is just a week away and over his 14 seasons in Ottawa, Neil has seen many good friends dealt at or near the deadline. Neil, who is scheduled to become an unrestricted free agent at season's end, has the toughness and leadership many teams covet although with a limited no-trade clause he'd have some say in his hockey future.

"It's part of the game and I have no control over it," said Neil. "Obviously this is where I want to be and I want to be a part of this so I'm just going to play and do whatever I can to help the team."

Last year, it appeared Neil would be dealt until he suffered a fractured thumb weeks before the deadline. Ottawa went on an incredible run during Neil's absence and he didn't return to the lineup until the playoffs.

With new head coach Dave Cameron behind the bench, it seemed Ottawa was ready to move forward with its young core of players. But this season,



Chris Neil has a limited no-trade clause in his contract. GETTY IMAGES FILE

Neil is just one of three Senators to play in all 60 regular-season games.

"He knows what his role is, he accepts his role and he's really good at his role," Cameron said. "He wears the 'A,' he wears it well, he cares, he bleeds this team in and out.

"Deep down as a coach sometimes you have to make decisions as your players get older. But also before you're making those decisions you're cheering for the guy and you hope he's

“

He bleeds this team in and out.

Dave Cameron on Chris Neil

able to contribute to a point where you can play him enough that he's happy and he's done that."

Neil has been one of Ottawa's most consistent players this season. Although he has just three

goals and 10 points, his line is always hard to play against.

And Neil's efforts haven't gone unnoticed by his teammates.

"He came in on a mission and it showed," said linemate Zack Smith. "He's probably one of the top five competitive guys I've met in hockey on and off the ice.

"He doesn't like to give up and it shows and it's a big testament to how long he's been around." THE CANADIAN PRESS

NHL

Wild leave Blackhawks out in the cold



Matt Dumba, left, celebrates scoring a goal with Wild teammate Justin Fontaine on Sunday. HANNAH FOSLIEN/GETTY IMAGES

Jason Pominville and Erik Haula each had a goal and two assists, and the Minnesota Wild celebrated the first outdoor game in franchise history with a 6-1 victory on Sunday over the Chicago Blackhawks.

In front of a crowd of 50,426 at TCF Bank Stadium on the University of Minnesota campus with an ideal faceoff temperature of 1 C, the Wild turned the NHL's 17th edition of open-air hockey into a romp past their post-season nemesis and primary rival.

Nino Niederreiter and Ryan Carter each added a goal and

SUNDAY In Minneapolis

6

WILD

1

HAWKS

an assist, and Matt Dumba and Thomas Vanek also scored.

The Wild improved to 4-0 under interim coach John Torchetti and 3-0 this season against the Blackhawks, the team that has eliminated them from the playoffs in each of the past three years. THE ASSOCIATED PRESS

RECIPE Carrot Soup



PHOTO: MARY VASINYEI

Ceri Marsh & Laura Keogh
For Metro Canada

- Juice of half a lemon (about 2 or 3 Tbsp)
- Plain yogurt to garnish

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.
2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.
3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.
4. Serve garnished with yogurt.

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A rich and naturally sweet soup that will make you forget there are four more weeks until spring. Hey, there's only four more weeks!

Ready in

Prep time: 10 minutes
Total time: 40 minutes
Serves 4

Ingredients

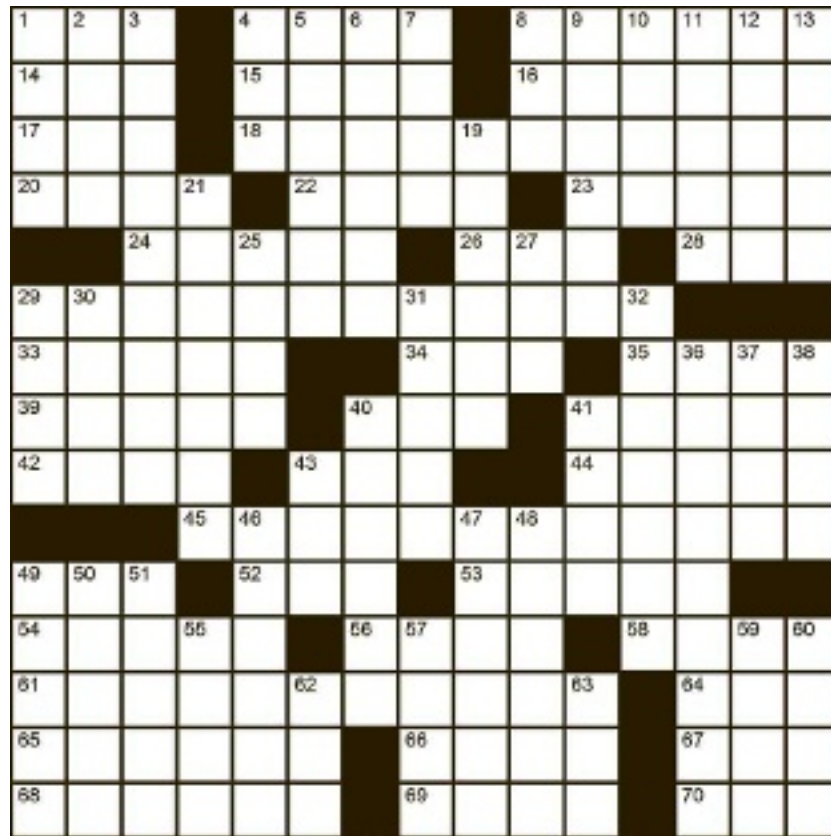
- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Feminine pronoun
4. ___ Doble (Ballroom dance)
8. Beatles: "___ the Universe"
14. That guy
15. Carnivorous Cretaceous creature, curtly
16. Russia: Called the 'Blue Eye of Siberia', it's the world's oldest/deepest lake
17. Sphere
18. Military officer/explorer/fur trader born in Trois-Rivières who explored beyond Lake Superior and into Western Canada, Pierre Gaultier de Varennes et de ___ (b.1685 - d.1749)
20. Lima's land
22. Athapaskan-speaking people of the Northwest Territories
23. Quit
24. Dancing ___ (Delighted)
26. Born, in bridal bios
28. Drench
29. Ipsos Reid conducts them: 2 wds.
33. Watery word with 'Wave'
34. Hat, slang-style
35. Rupture
39. Particulars
40. 'Cent' add-on (Man/horse creature)
41. English author A.A.
42. Concern
43. Offshoot



44. Overact in the play
45. "___ (You Know I Love You)" by Shania Twain
49. Electrical resistance unit
52. Actress Charlotte
53. Left-for-too-long

- loaf's condition
54. White wine of Italy
56. Climber's need
58. Rascalions
61. Like products not tested on animals: 2 wds.
64. Dig in
65. Counsel

66. Satiated
67. Ms. Peebles
68. Staggered
69. Leaf-to-branch attachment
70. Attempt

DOWN

1. Buy stuff
2. Fill a position

3. Do some needlework
4. 1980s scandal-ridden televangelism org.
5. "You Turn Me On, I'm ___" by Joni Mitchell
6. Ontario's Trent-Waterway
7. Farm's cart-pulling team
8. Mr. Vigoda
9. Delete
10. Go by bike
11. Gumbo ingredients
12. "All right, if you ___," (I guess you're right then)
13. Get some beauty rest
19. 1875: Impressionist painter of The Skiff
21. Not identified
25. Feels yucky
27. Antiquity
29. Ear-related
30. Pocket bread
31. Eve ___ (Jan on "The Brady Bunch")
32. Activators of reactions
36. Headed for a Vegas chapel reason
37. Opposing
38. Film critic Rex
40. Blood carrier type
41. Prefix to 'morphosis'
43. Anecdotal collection
46. "You better..." ultimatum ender: 2 wds.
47. Vivacity
48. Sam ___ (Famous officer of the North West Mounted Police)
49. "The Odd Couple" role
50. Drove of people
51. Purple hue
55. Screen
57. Slays, slangily
59. Couple
60. Remain
62. Mr. Danson
63. Furniture wood

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your nerves may be on edge a little but don't worry too much because nothing bad is likely to happen. Try not to change your everyday routine, as minor alterations could confuse you in major ways.

Taurus April 21 - May 21
You need to decide where your affections belong. According to the planets, there's no middle ground. If you can't make a reasoned decision yourself the full moon will make it for you.

Gemini May 22 - June 21
You've been astonishingly ambitious but something will happen that makes you wonder if it's worth all the effort. No matter how disillusioned you may be you must not give up.

Cancer June 22 - July 23
Today's full moon will force you to do the opposite of what you were planning. There's no point making a big scene about it, just do what is expected of you, and do it well.

Leo July 24 - Aug. 23
You must either earn more or spend less — it's as simple as that. The full moon will point you in the right direction. You'll have cash in your pocket again soon.

Virgo Aug. 24 - Sept. 23
You will come to a new understanding with someone you have clashed with in the past. There may be some tension in your relationship but if you discuss your differences you can and you will overcome them.

Libra Sept. 24 - Oct. 23
The most important lessons don't have to be painful but they usually are. You can sense that something needs to be changed, and if you find out what it is and do what has to be done you can bypass the pain.

Scorpio Oct. 24 - Nov. 22
No one and nothing can stop you. But you can still stop yourself, simply by allowing your fears to get the better of you. Ignore the doubts the full moon is putting into your head.

Sagittarius Nov. 23 - Dec. 21
The planets warn you need to accept that in one area of your life you are out of your depth and must concede defeat. But it's no big deal. You will bounce back bigger and better.

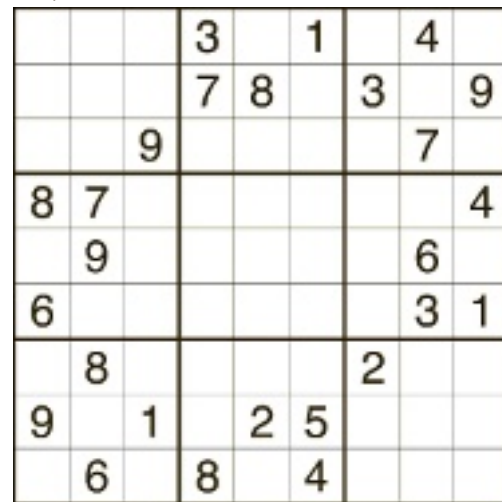
Capricorn Dec. 22 - Jan. 20
You've all the charm you need to win friends and influence people, so reach out to those you would usually be afraid to approach because you think they're too good for you. They won't be above you for long.

Aquarius Jan. 21 - Feb. 19
Take the kind of drastic action you usually prefer to avoid. You must realize that, as far as your finances are concerned, nothing can be taken for granted any more.

Pisces Feb. 20 - March 20
What occurs next will bring into the open a conflict that has been simmering for quite some time. That's good. The more you try to deny that it exists the worse it will get.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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FRIDAY'S ANSWERS

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